



Serves: 4

Buckwheat Pancake Drenched In Orange And Berry Sauce

Ingredients

- Buckwheat flour 30g
- White flour 50g
- Reduced fat milk powder 30g
- Honey 1 tbsp
- Eggs 1 big
- Mixed berries, frozen 120g
- Orange juice, fresh 1 cup
- Corn flour 2 tsp
- Basil 1 tsp
- Canola oil to cook the pancake 1 tbsp
- Water $\frac{3}{4}$ cup
- Juice of 1 lemon

Tips:

- Steaming is a healthy, low-fat way to cook that brings out the flavours of fresh ingredients.
- Use herbs and spices or low-sodium seasoning to enhance the flavour of your dishes.
- Vegetables and fruits are rich in vitamins, fibre and phytochemicals (beneficial plant substances such as carotenoids and flavonoids) that help lower the risk for some cancers.

Method

- Mix milk powder with water.
- Make the batter with flour, egg, milk and honey. Whisk properly and leave in the fridge for 30 minutes.
- Meanwhile, slowly heat the mixed berries with some lemon juice in a pan. Set aside.
- Heat some canola oil in a non-stick pan. Pour the batter to make pancakes. Proceed to make 8.
- On a small pan, boil orange juice and basil for 10 minutes. Thicken with corn flour. Set cool in the fridge.
- Spread the berries sauce on the buckwheat pancakes. Serve with the orange sauce.

Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ) 225kcal
Protein 7g
Total fat (g and % of total calories)
6g (22.7%)
Saturated fat 0.6g
Cholesterol 53mg
Carbohydrate 39g
Dietary Fibre 3g
Sodium 49mg